



# C.G. Jung Society

OF NEW ORLEANS

Fall 2021 • Vol. 30, No. 2

## More about Hermes

*Deldon McNeely, PhD, Jungian Analyst*

In our last newsletter we described Hermes as our theme for 2021, and especially in his/her role as “Guide of the Journey.” Many of us have been thinking about journeys, now that outward travel possibilities have opened up; but also for many, quarantine has propelled us into inner journeys.

A thoughtful woman expressed her annoyance to me: “Why is there so much foolish pressure to ‘fulfill your potential’ and ‘be all that you can be’? No one can fulfill all their potential in one lifetime. Biology doesn’t allow us enough time and energy to fulfill our potential in every possible way.” She got me thinking about what people expect about the inner journey of individuation.

The Jungian concept of individuating is not about outer fulfillment and accomplishment, although it can include becoming aware of our talents and abilities. We need a healthy ego to individuate, but fulfillment is not in terms of ego and persona accomplishments. It is about responding to an inner drive to feel wholly integrated, to have a sense of sureness and trust in ourselves, to feel satisfaction, not perfection. When we have a steady relationship to the center of our being, being buffeted by adversity, being thrown by life’s ups and downs, are not so much threats, but callings to expected challenges.

We think that this drive to feel integrated is universal, and people have developed many paths of expressing it. Jung’s hypoth-

esis is that by reflecting on our habitual reactions, questioning our emotional responses, and especially, tracking our unconscious propensities as they are presented to us in dreams, fantasies, and unplanned reactions that express our complexes, we come to our center.

An observing companion in the outer world is a help to keep us on track on this journey, but also you might imagine an inner partner or ally who negotiates those rocky places with you and stands with you as you find your balance and persistence in facing fear and pain. It is the Hermes-energy in the inner allies and as held by the therapist that tolerates the ups and downs, surprises, and rocky roads of that journey until the ego can take them on.

The journey to the center is sometimes called discovering the Ego-Self axis. One of the great satisfactions of being a psychotherapist occurs when we can accompany a person’s journey of psychological movement as they approach the Self, the center of consciousness, the principle of wholeness and integrity. The Ego suffers its losses, but the Self compensates with the pleasure of expanding our vision as a larger consciousness is found. Usually this journey is gradual as, one after another, horizons disappear and conscious vistas expand. Sometimes, though, there is a dramatic event that catapults the psyche into a memorable opening.

Whatever path to the Ground of Being is chosen, the journey leads to meeting intimate and loving inner companions on the way to become Oneself. This results in gratitude. ☺

### Inside

2 New Group

2 Jungian Seminar

3 Fall Programs

5 Dream Group

7 About Us

8 Calendar



## We are pleased to announce a free monthly group for discussion of the cultural complexes active in our lives

In the Introduction to his edited collection *Cultural Complexes and the Soul of America*, Tom Singer writes, **“We forge the American soul in our struggle with cultural complexes.** In the political arena, cultural complexes seem mostly to generate heat, division, hatred; they are inflammatory and polarizing; they usually end in a stalemate without any resolution, only to recur in the next election or the next generation; sometimes they are ignored or kept unconscious for decades; occasionally they can be worked out slowly in engagement, compromise, reconciliation, and healing after generations of recurring battle. In short, they behave like

complexes.” He goes on to suggest that the initial task of understanding what we are doing with our cultural complexes is to first ask, “What are our primary cultural complexes?”

I would love to have you join me in reading a selection of articles by contemporary Jungian analysts asking this very question. **We will meet monthly on Sunday afternoons from 3:00 pm-4:30 pm to discuss and respectfully explore how we understand different cultural complexes to be active in our lives and community.** Please contact me if you have interest at SarahShelton.Counseling@gmail.com or at (504) 952-2070.



Group facilitator:  
Sarah Shelton, LPC

## Interested in learning more about Jungian psychology?

The New Orleans Jungian Seminar, founded in 1997, offers advanced study in the psychology of C. G. Jung.

It is designed for:

- 1) individuals seeking to deepen their understanding of themselves,
- 2) mental health professionals desiring to enhance their perspectives and analytic skills,
- 3) those intending to apply for analytic training with the Inter-Regional Society of Jungian Analysts (IRSJA).

An approved training center of the Inter-Regional Society of Jungian Analysts.  
For more information, contact Constance Romero at 985-778-1641

Our programs will continue to be online until further notice



## FALL 2021 PROGRAMS

Tuesday, September 7, 7:30 pm (CDT)

### The Spirit of the Future

Reclaiming the Value and Meaning of the Individual in Times of Collective Upheaval

Online presentation by Elizabeth Colistra, PhD

We will explore Jung's notion that "If the whole is to change, the individual must change himself." The cultural, societal, and national crises that are taking place across the world, and especially here in the United States, challenge us to critically think about and question Jung's premise. Is individual change enough? Is personal analysis and a commitment to one's individuation process really enough? While some may view individual work with oneself and one's unconscious as nothing but 'bourgeois individualism,' I will argue that this is far from the case...that the work of the individual – to sufficiently reckon with his or her unconscious so as to produce an individual sense of morality and responsibility, one that takes into consideration one's opposite, one's inner enemy, and one's own evil – is not just for one's self, but for the good of the collective, and for what Jung referred to as the "spirit of the future."

*Elizabeth Colistra is a certified Jungian analyst and Licensed Professional Counselor with a private practice in the French Quarter in New Orleans. She trained at the C.G. Jung Institute of New York and the Jungian Psychoanalytic Association while completing her doctorate from Pacifica Graduate Institute. She is a faculty member of the New Orleans Jungian Seminar and an analyst member of the Inter-Regional Society of Jungian Analysts.*



1.5 CE credit hours for LPCs and Social Workers, \$10

\$10, free to Jung Society members

Tuesday, October 5, 7:30 pm (CDT)

### Jung and The Road to Tyranny

Online presentation by Ann Tuley, MA, MEd

"What will become of our civilization and of man himself, if the hydrogen bombs begin to go off, or if the spiritual and moral darkness of State absolutism should spread over Europe?" These and other questions were prompted by the conversations that C. G. Jung had with the publisher of his book, *The Undiscovered Self*, by Atlantic Monthly Press in 1957. Jung charted a course of how a constitutional state could falter on the road to tyranny. The voice of the masses becomes louder, racist slogans more commonplace, and lies more acceptable. Mob violence begins, and what Jung called a condition of "collective possession" takes place. The larger the crowd, the more insignificant the individual becomes. According to Jung, the only bulwark for a person standing alone in a mass-minded state is a spiritual attitude that provides an anchor against the physical and moral blandishments of the world.

*Ann Tuley is a teacher and writer now living in Houston, Texas. She has an MA in Creative Writing and an MEd in special education, which enabled her to teach both emotionally disturbed and dyslexic children and adolescents. Her book *Never too Late to Read: Language Skills for the Adolescent with Dyslexia*, was published in 1998. She is past president of the Baton Rouge Jung Society and is now a board member of the C. G. Jung Society of New Orleans.*



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\$10, free to Jung Society members



## FALL 2021 PROGRAMS

Tuesday, November 2, 7:30 pm (CDT)

### Mythology, Death and Grief

Online presentation by Kay Todd, PhD

Emphasis will be on J. William Whorton's Four Tasks of Mourning. We will address how Western mythology influences cultural mythology around death, dying and grief, keeping us from a "good" death and for those left behind, the ability to mourn in a meaningful way. What if all life is about finding meaning, each loss or wounding a way the divine or sacred finds an entry to expose a part of our unseen self. What if all our losses are a way to transition into something more—to be more of an authentic self. Our identity, how we see ourselves, comes from the forming of our ego. When we experience a loss it is part of an investment we have made in determining and knowing who we really are in the world. With the loss, we lose a small or large part of ourselves and how we participate in the world. We must find a way to rebuild how we see ourselves and relate to others. This is how the liminal space provides a container for us to mourn our loss and create a new story.

*Kay Todd received her PhD in mythological studies with an emphasis in depth psychology from Pacifica Graduate Institute. She completed the Grief, Loss and Trauma certificate program, designed by Janet Schreiber and Elizabeth Kubler-Ross, at Southwestern University in Santa Fe, New Mexico. She taught as an adjunct professor in religion and interpersonal communication at the University of Oklahoma and Tulsa Community College. She is a Founder Lecturer with the Jung Society of Houston. She is a candidate with the Interregional Society of Jungian Analyst and has completed four years of training with the Heartland Association of Jungian Analysts.*



1.5 CE credit hours for LPCs and Social Workers, \$10

**\$10, free to Jung Society members**

Saturday, December 4, 1:00 pm (CST)

### The Moving Cosmos and Astrological Archetypes

Online presentation by astrologer Lynn Bell

C. G. Jung explored astrology with a passion that would continue through his life. He wrote "The starry vault of heaven is in truth the open book of cosmic projection in which are reflected the mythologies, ie, the archetypes. Our current time is pulled between freedom and control, a battle between the old and new with much uncertainty about the outcome. It is a time of fracture, breakdown, and possible renewal. These collective energies have affected each of us in unforeseen ways, and continue to do so. As we step into 2022, we will see a new cosmic impulse. During this lecture, we will also explore how these energies relate to Jung's work in Aion, and the collective upheaval at the end of a great era.

*Lynn Bell is a Paris-based consulting astrologer, author and teacher with a psychological and archetypal approach to astrology. Her book Planetary Threads explores the astrological patterns that run through families. A long time tutor for the Centre for Psychological Astrology in London, Lynn now teaches for Mercury Internet School of Psychological Astrology, Astrology University, and the London School of Astrology, and guests teaches at the faculty of Astrological Studies Summer school in Oxford and for the Organization of Professional Astrologers.*



1.5 CE credit hours for LPCs and Social Workers, \$10.

**\$10, free to Jung Society members**

Our programs will continue to be online until further notice



## FALL 2021 PROGRAMS

Friday, January 14, 7:30 pm (CST)

### Jungian Psychology and Healthcare

Online presentation by Anne Redelfs, MD

What would healthcare be like if we negotiated each symptom and disease process as an expression of our psychological bodies as well as our physical bodies? Remedies would then be psychological as well as physical. In this talk, we will look at medical issues as motivators of our developmental journeys:  
1) Our symptoms often represent something within our personal and/or collective unconscious. 2) They compel us to embrace all the archetypes within us and return to wholeness. 3) We can ultimately learn to translate the circumstances of our bodies and world into guidance for our collective growth.

1.5 CE credit hours for LPCs and Social Workers, \$10

*Anne Redelfs is a graduate of Tulane Medical School. Her two years of residency in pediatrics taught her to have a developmental perspective with each patient. She maintained her developmental perspective during three years of psychiatry residency, where she began to realize that her patients' symptoms were a cry for help to overcome their many traumas and proceed on their developmental journeys. Through her writing and public speaking, she ushers in the next evolutionary step for health care, one that involves hearing the soul cry in each symptom and responding with our most mature humanity.*



**\$10, free to Jung Society members**

### Delve into your dreams with a Jungian dream group



**NEW ORLEANS**

**Facilitator: Jungian Analyst Constance Romero. Information at 985-778-1641**

**MANDEVILLE**

**Facilitator: Jungian Analyst Constance Romero. Information at 985-778-1641**

Our programs will continue to be online until further notice



## FALL 2021 PROGRAMS

We are grateful to Randy Fertel for introducing us to astrologer Lynn Bell and for subsidizing her presentation!

### **Jung Society membership is open to all**

Membership is a great savings! For the annual \$60 membership fee, you receive free admission to all evening programs and a discount on Saturday workshops. You can join online now at [jungneworleans.org](http://jungneworleans.org).

### **Our deepest thanks for your support**

To our members...and especially to those of you who donated to the Jung Society on GiveNOLA Day...we extend our thanks and appreciation for your ongoing support.

### **Continuing Education Certificates**

Most Jung Society programs offer CE credit hours for Social Workers and Licensed Professional Counselors. We are proud to be able to provide this service. Evening programs generally are approved for 1.5 contact hours and Saturday morning workshops for 2.75 contact hours. Certificates are an additional \$10 charge per program. Occasionally we may choose to offer a program that does not qualify for CE credit hours if we believe the topic or presenter would be of special interest to our audience even without the certification.



### C. G. JUNG SOCIETY OF NEW ORLEANS STATEMENT OF PURPOSE

Following the general thrust of Carl Jung's analytical psychology, the Society presents an interdisciplinary program to foster self-understanding by the individual. Jung's deepest interest was in arriving at insights capable of bringing genuine help to the individual. His theories laid the groundwork for a new understanding of man, the significance of which extends far beyond the boundaries of psychology in the conventional sense. The goals of the C. G. Jung Society, then, are to offer a forum for the exchange of ideas in the sphere of the humanities, that family of knowledge that deals with what it is to be human, to make value judgments, and to select wiser courses of action. As Jung often stressed, it is within the individual, and not on the level of collective social measures, that the problems of our age must be met and the foundations for a healthy society preserved and strengthened.

### CONTINUING EDUCATION CREDITS FOR SOCIAL WORKERS AND LPCs

Most programs are approved for Social Work contact hours through Tulane School of Social Work and for LPC clock hours through the National Board for Certified Counselors (NBCC). The C. G. Jung Society of New Orleans has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5388. Programs that do not qualify for NBCC credit are clearly identified. The C. G. Jung Society of New Orleans is solely responsible for all aspects of the programs.

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*Learn more at [neworleansjungianseminar.org](http://neworleansjungianseminar.org)*

# FALL 2021 PROGRAM CALENDAR

Tuesday **The Spirit of the Future:**  
Sept. 7 **Reclaiming the Value and Meaning of the**  
7:30 pm **Individual in Times of Collective Upheaval**  
*Elizabeth Colistra, PhD, Jungian Analyst*  
\$10, Jung Society members free

Tuesday **Jung and the Road to Tyranny**  
Oct. 5 *Ann Tuley, MA, MEd*  
7:30 pm \$10, Jung Society members free

Tuesday **Mythology, Death and Grief**  
Nov. 2 *Kay Todd, PhD*  
7:30 pm \$10, Jung Society members free

Saturday **The Moving Cosmos and**  
Dec. 4 **the Astrological Archetypes**  
1:00 pm *Astrologer Lynn Bell*  
\$10, Jung Society members free

Friday **Jungian Psychology and Healthcare**  
Jan. 14 *Ann Redelfs, MD*  
7:30 pm \$10, Jung Society members free

**Please note:**  
**Our programs are online**  
**until further notice.**

**Please put these dates on your calendar...we look forward to seeing you!**

**Website Address:** [www.jungneworleans.org](http://www.jungneworleans.org)

**All programs are online until further notice.**

**Mailing Address:** 609 Metairie Road, #171, Metairie, LA 70005

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Amazon will donate 0.5% of purchases to the non-profit of your choice.

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